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"What I say unto you I say unto all, WATCH."—Jesus

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Founded in 1898 by Mary Baker Eddy,
Author of the Christian Science Textbook,
Science and Health with Key to the Scriptures



Marca Registrada

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Christian Science Sentinel®

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"What I say unto you I say unto all, WATCH." Jesus

Who Am I, Really?

PERSIS E. ZUBER

Ever ask yourself that question? Most of us have. It is human nature to question and to reason.

Many sense there is something more to know about themselves than they have presently discovered. Some seek to track down the ego through psychiatry or drugs. Others consult horoscopes. Still others turn to palm reading, tarot cards, spiritualism, satanism.

Christian Science—which presents the spiritual understanding of the teachings of Christ Jesus and makes this understanding practical to this age—brings a deeply satisfying answer to the question, Who am I, really? This Science teaches that man expresses God's very being. This simple yet arresting premise infers that to know ourselves we must first know God. Then we must understand what God is knowing of Himself. God's knowing results in the infinitely varied, spiritual individuality that is the real identity of each of us. This represents the verity of being, of which mortal

man is but the counterfeit, so to speak. God creates by knowing; in Science He is also referred to as Mind.

Does God then see me? If you mean, Does He see Joe Sickly or Mary Hurting or Jack Ruthless or Alice Sinful?—no! The Bible states of God, "Thou art of purer eyes than to behold evil, and canst not look on iniquity."¹ God doesn't see mortals—or people subject to myriad human frailties. He sees only Mind's perfect ideas, His own beloved offspring, whom He maintains eternally pure, whole, and harmonious, even as He is the source and substance of purity, wholeness, harmony. He cares for His children because He is Love.

If God sees no evil, one might ask, how can He heal it in me? Strictly speaking, God doesn't heal *you*. The real, spiritual you needs no healing; only the human concept of you does. This false view of man needs to be replaced with the true if we would be free from limitation. Healing is not striking down a human condition in some spectacular and mysterious way, making a sick person a well person, or a sinner a saint. Rather, healing is the lifting of thought out of the contemplation of mortal woes into a spiritual state of thought, where only the real man is visible.

God's allness is everywhere, enveloping each of us, whether or not we are conscious of the divine embrace. Are the sun's beams less effective because some choose to sit in the shade? The rays of Truth shine universally and impartially. Belief in the shadows is of our own choosing, voluntary or involuntary. These shadows may appear to be false education, prevalent medical beliefs, moral misconceptions, personality conflicts, to name only a few. Anything, then, which is not strictly God-derived or Godlike acts as a shadow on our sense of identity and tends to obscure our perception of God and thus of man in His likeness. But false believing can never dim God's picture of us—the real us. "God is light, and in him is no darkness at all,"² we read in the Bible.

Understanding God as Life, we realize the incorruptibility and deathlessness of our true identity. "Man's individual being can no more die nor disappear in unconsciousness than can Soul, for both are immortal,"³ Mary Baker Eddy, the Discoverer and Founder of Christian Science, writes.

The pagan concept, still latent to some degree in many of us,

of God as a sort of massive force ready to zero in on helpless humanity to punish or to reward must give way. Such a concept is not the God of love Jesus teaches us to adore; nor is it the Father-Mother God, the firm yet merciful universal Parent, divine Principle, understood in Christian Science.

If we still fear a god of wrath, expecting punishment in the form of disease or destruction, aren't we seeing God as "the man up there," vengeful, demanding eye for eye and tooth for tooth? Yet the good news spread by the early Christians tells us, "God is love; and he that dwelleth in love dwelleth in God, and God in him."⁴ Can the God who is Love create man and then abandon him to the dictates of supposed powers of stars and elements? In his timeless Sermon on the Mount, Jesus points to God's rich blessings to His children when he calls his followers "the salt of the earth . . . the light of the world."⁵

Christian Science shows identity to be Spirit's reflection—never limited, infinitely individual, under eternal warranty of its Maker. The image in a quiet pool of water is true in every detail to the original. So, man's real identity is a perfect reflection of his creator. Knowing that our perfect selfhood reflects God, we should endeavor to express Love in compassion and forgiveness. We can show forth Truth in honesty and integrity; Life, in health and activity; Spirit, by accepting our spiritual inheritance as the only truth of our being. We can also endow our sense of identity with the beauty of Soul and adhere to the tenets of Principle by living in an orderly, disciplined, ethical fashion.

Though never equal to God or absorbed by Him, man reflects God. In demonstrating man's oneness with God, we can and should strive to be Godlike in thought and in deed. This passage by Mrs. Eddy, in which she represents the testimony of God, Spirit, provides immense inspiration: "I am Spirit. Man, whose senses are spiritual, is my likeness. He reflects the infinite understanding, for I am Infinity. The beauty of holiness, the perfection of being, imperishable glory,—all are Mine, for I am God. I give immortality to man, for I am Truth. I include and impart all bliss, for I am Love. I give life, without beginning and without end, for I am Life. I am supreme and give all, for I am Mind."⁶

Rising to the mental altitude from which we are able to

glimpse our real selfhood, stepping out of the shadow of human belief, opinion, stigma, into the enlightenment of Truth, we find our true identity. We learn the meaning of the biblical statement, "Now are we the sons of God."⁷ The human sense of personality fades. Mrs. Eddy assures us, "Limitations are put off in proportion as the fleshly nature disappears and man is found in the reflection of Spirit."⁸ This is who I am—and you are—*really!*

¹ Hab. 1:13; ² I John 1:5; ³ *Science and Health with Key to the Scriptures*, p. 427; ⁴ I John 4:16; ⁵ Matt. 5:13, 14; ⁶ *Science and Health*, pp. 252–253; ⁷ I John 3:2; ⁸ *Retrospection and Introspection*, p. 73.

Exposing the false gods that feed on superstition

Stop That Journey— This Is the Way!

VICTOR CHUDI ONUMONU

From time immemorial many people around the world, whether educated or not, whether Christians, Moslems, pagans, young or old, male or female, have flocked in large numbers to the altars of many gods. Millions today possess fetish idols in their pockets; around their necks, waists, or fingers; in the farthest corners of their storage boxes; on their ceilings or walls; buried near their houses; under their beds; or carefully razored into their skins. Many believe, openly or secretly, that they can be influenced, poisoned, or harmed by "devils."

Even baseless superstitions are too often accepted as gods. To mention a few: the forces of the graveyards, magic, spiritualism, juju, sacrifices, fortune-telling, invocations and evocations, witches, illusionism, fetishisms, hypnotism. But these are not the products of the one supreme God, divine Spirit. They are false gods that feed on superstition, poverty, ignorance, and failure that begets more failures.

Many people ignorantly curse the power of the all-knowing God because they mistakenly believe His power to be evil. Yet an understanding of Him would solve the problems of limitation, suffering, and humiliation all around us. The tragedy of this time is that although man was created to express God, Life, the world appears to be ravaged by wars, disease, poverty, superstition, hate, anger, fear, and envy. Men and women, who through obedience to God could be the masters of their own destiny, find themselves crawling under the heavy burden of blind fate—playthings of visible and so-called invisible forces—exposed to acceptance of dire, retributive penalties by belief in many gods. They stumble on, hopelessly in ignorance of their real nature and identity.

In *Science and Health* the Discoverer and Founder of Christian Science, Mrs. Eddy, states: "Our material human theories are destitute of Science. The true understanding of God is spiritual. It robs the grave of victory. It destroys the false evidence that misleads thought and points to other gods, or other so-called powers, such as matter, disease, sin, and death, superior or contrary to the one Spirit."¹ Paul, addressing the Athenians, said, "Whom therefore ye ignorantly worship, him declare I unto you."²

There is a radiant gleam, a rainbow of hope in this seemingly impenetrable darkness, a practical message, a sure guide and technique to restore to us our rightful heritage of perfect health, perfect love, happiness, abundance. With it we can conquer the so-called gods and gain freedom from the shackles imposed on us by limiting education, time, and space.

Christian Science is the answer.

What, then, is Christian Science? It is the law of divine Mind, God. Mrs. Eddy tells us in *Science and Health*, "Christian Science, properly understood, would disabuse the human mind of material beliefs which war against spiritual facts; and these material beliefs must be denied and cast out to make place for truth."³

Christian Science comes to all sorts of people. It comes to the rich and the poor, the talented and the simple, the old and the young, the pure and the impure, the sick and the well, the beautiful in character and those whose dispositions appear to be scarred with ugliness. It comes to people of many races and many backgrounds. It offers a knowledge of God that satisfies and heals.

The truth is that divine Mind, God, is the only power: Spirit, Love, Truth, Life, intelligence, Soul, and man is His image and likeness—spiritual. Mrs. Eddy further says, “We learn in Christian Science that all inharmony of mortal mind or body is illusion, possessing neither reality nor identity though seeming to be real and identical.”⁴

Christian Science gives mankind the spiritual understanding of God, man, and the universe, and through this understanding gives them dominion over themselves and their surroundings. The right way for us to follow is to stop journeying along with material beliefs, superstitions, ignorance, suffering, and fear, and to seek Christian Science. Christ, Truth, is demonstrable. The Psalmist wrote, “Cast thy burden upon the Lord, and he shall sustain thee.”⁵

Christian Science is the voice of Truth, on the streets and everywhere, crying and shouting in the wilderness, knocking at our doors, saying, “Peace, ho! The kingdom of God is already come, is everywhere, and is within you.” What news! We have the opportunity to demonstrate this fact, or truth. The master Christian—Christ Jesus—said, “God is a Spirit: and they that worship him must worship him in spirit and in truth.”⁶

¹ *Science and Health*, p. 275; ² Acts 17:23; ³ *Science and Health*, p. 130; ⁴ *ibid.*, pp. 472-473; ⁵ Ps. 55:22; ⁶ John 4:24.

THE BEGINNING

The only beginning
the Father began.
He only created
the child of His plan,
to soar and sing peacefully
like the white dove—
the great liberator,
the *only*, is
Love.

VESTA JO MULLIGAN

Constant Companionship

PAULA BUSBY GORALCZYK

Have you been looking for companionship? For some, marriage seems the answer. For others, having a good friend or two seems to fill this need. But where should we first look for our companionship?

We can find the answer in *Science and Health*, the Christian Science textbook. Its author, Mrs. Eddy, poses the question, "Would existence without personal friends be to you a blank?" She goes on to say: "Then the time will come when you will be solitary, left without sympathy; but this seeming vacuum is already filled with divine Love. When this hour of development comes, even if you cling to a sense of personal joys, spiritual Love will force you to accept what best promotes your growth."¹

Rather than looking to others for companionship, we should first look to God. As we acknowledge God's care for us as our Father-Mother and recognize His ever-present love and provision, we'll make new friends, establish lasting relationships. It is usual and natural to have friends, and solid friendships are a definite proof of God's goodness—of His love and care for each of us. And when we feel alone, we can know that our closest, our ever-present friend, is divine Love, God. No matter where we are or what the circumstance, we can rest assured that God is right there with us. This is true companionship, purely spiritual and lasting.

Perhaps we suddenly find ourselves without a friendship we have been accustomed to. Right at the moment when we may feel solitary, we can rejoice that true companionship can never be taken from us. We can never be separated from God, the source of all good.

Even as we move from place to place—no matter what the distance—we can know we have Love's fellowship. In the Bible

we read, "The Lord, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed."² The twenty-third Psalm also assures us of God's ever-presence and care: "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me."³ With these assurances, we don't need to feel any sense of fear or loneliness. And we can make any change in locality a happy event, for God goes with us.

At one time I felt I couldn't be happy in any activity unless I had companionship. An answer to this problem had to come, and I realized that it had to come through study of Christian Science.

I began by reading all of *Science and Health* and praying to be shown what needed to be healed in my thought. The first thought that came was to heal a false sense of dependence on people for my companionship, happiness, and activity. I realized at that moment that I must rely wholly on God. I began to replace fear—fear of being alone, fear of lack of ability, and the like—with thoughts of God's ever-present love, and with the fact that He has given me, as His reflection, only the ability to express qualities of goodness. I knew I couldn't possibly lack ability in what I needed to do, since my ability was God-given and the Christ, Love's spiritual idea, was present every moment to support me.

Every activity became happier and easier when I realized that it was done with the companionship of God. Often I would ponder the opening lines of Hymn No. 134 in the *Christian Science Hymnal*, which tell of turning to God for every need and feeling His loving touch. The thought of His ever-presence and care helps us overcome any fear of loneliness or sense of sorrow.

Slowly I began replacing my dependence on persons with reliance on God. The result was that I was able to do much more and no longer felt alone in my activities. My better understanding of God and of my unity with Him soon brought new friends and lasting relationships. But God, indeed, is my true source of companionship, and He has supplied my every need.

There is no time when God, our one infinite friend, leaves us

friendless or alone, since He is omnipresent and supplies us with right companionship. Every step we take is with Him.

As a little child relies
On a care beyond its own,
Being neither strong nor wise,
Will not take a step alone,
Let me thus with Thee abide,
As my Father, Friend, and Guide.⁴

God loves, directs, and guards us continually. With His continual care we can feel secure and confident in the knowledge that we can never lack companionship.

¹ *Science and Health*, p. 266; ² Deut. 31:8; ³ Ps. 23:4; ⁴ *Hymnal*, No. 291.

"A Continuing Invitation"

JUDITH ANN HARDY

Have you ever read the notice appearing in the *Christian Science Sentinel* or *The Christian Science Journal*, inviting Mother Church members to write articles and poems for the periodicals? Sometimes it is entitled "A Continuing Invitation." This reminds all members of The Mother Church that they are always invited to write for (as well as read) the periodicals, and that even if they don't accept the invitation right now, it still continues.

Note that the message does not read: "Those with past writing experience are invited to write" or "Those with at least *x* years of experience as Christian Scientists are invited to write" It simply says, "Members of The Mother Church are invited to write." Does that include you? This is one of the privileges of being a member of The Mother Church. (And testimonies of healing are welcomed from those who have not yet joined The Mother Church, as well as from members.)

But what if we think we aren't experienced enough Christian Scientists to have anything meaningful to say to others? Whenever that temptation comes to me—and it does—I remember the inspiration that I received when, at three and a half, I learned in a Christian Science Sunday School a few simple truths. I applied them, and they worked. How eager I was to share! Experience? At three and a half, almost none. Inspiration and the desire to share it? Plenty!

Whenever the temptation comes to us to believe we can't write because we're just not writers, we can remind ourselves of the old saying, "Can't never did anything." Anyway, it isn't formal education in writing or even writing experience that is most necessary for writing healing articles; it's inspired ideas freshly and clearly stated. These communicate—and heal! And both inspiration and the ability to express it individually come directly from God.

What if we've put forth what we consider our best effort in writing an article, only to have it rejected by the Editors? Maybe this has happened again—and again? Even then, we need not be discouraged, for we have Mrs. Eddy's assurance, "The devotion of thought to an honest achievement makes the achievement possible."¹ Certainly the unselfish desire to share with others the healing truths of Christian Science by writing for the periodicals opens the way for this honest achievement. This is the time, then, to really nourish our devotion of thought to it.

We can know that each of us, as in reality a complete idea of Mind, already reflects all right ideas. Therefore, we cannot lack the needed inspiration and discernment, nor can we lack the ability to express them. Then, let us persist in our devotion, willing to patiently persevere, listening for the specific guidance of divine Mind to bring our individual contribution to its successful fruition. This listening may result in the writing of an entirely different article. Or sometimes a single idea from a rejected article becomes the basis for another, and it blossoms into its own theme. In any event, our continued devotion assures our success in this endeavor.

Just a couple of years ago, with a heart full of love for Christian Science and a sincere desire to serve the Cause of Christian Science in whatever ways I could, I prayed to God to show me what more I could do. That same day I received my answer. In the mail came

my invitation to write for the periodicals—not a personalized, engraved invitation but "A Continuing Invitation" notice in the *Sentinel*. I had seen that notice before, but this day it seemed to be for me, and I accepted gladly.

First, I sent for the brochure, "Your Guide to Writing for the Christian Science Periodicals." (This is available in English, French, German, Portuguese, and Spanish and contains helpful guidelines for preparing and submitting manuscripts.)

Then, obediently, I began listening for ideas. Many came, and when they did, I jotted them down. Within a few weeks I had parts of six articles all filed neatly in a folder. Several more weeks went by, during which time I often sat at my desk and worked on these articles, adding, revising. But still I had six unfinished articles, with none even near completion. My enthusiasm for this God-given assignment hadn't dwindled, and I was working on them from time to time. But in each instance the ideas necessary for completion weren't coming. Why? God does not lead us only part way. That I knew.

Soon, in my daily study of Christian Science, I came across a statement of Mrs. Eddy's that stood out as if in bold type. It reads: "First purify thought, then put thought into words, and words into deeds."²

Immediately, I knew this was my specific directive for completing the work I was doing. Although she had not written this counsel in regard to writing, it certainly applied to my need. From then on, I followed these directions.

I saw the need to first be mentally pure in order to be receptive and responsive to inspiration. So, before beginning to write I would purify my thought—align it with Mind's knowing. I knew that as a follower of Christ Jesus I could prove, at least in some degree, that, as he said, "I do nothing of myself; but as my Father hath taught me, I speak these things."³ I knew that divine Mind was my Mind; that I was in reality the expression of this Mind, and therefore obedient only to Mind's direction. As the expression of infinite Mind, it was natural for me to express individuality, freshness, spontaneity, clarity, and completeness in unlimited abundance.

Knowing this, I recognized that I could not lack the vision needed to successfully obey Mind's direction. There was no power

apart from Mind to cloud my thought, dull my inspiration, or make me inattentive to Truth. I rejoiced in the truth that in my true being I was inseparable from God. In the words of Jesus, "I and my Father are one."⁴

What a difference this made! The acknowledgment of my oneness with Mind erased any sense of personal responsibility or pressure and enabled me to listen confidently and expectantly to Mind for ideas and to patiently persist until they came.

To "put . . . words into deeds" included submitting each completed article to the Editors, and cherishing each article as the unfoldment of good. I needed to understand that whether the article was accepted or rejected, none of its good could be wasted. This good certainly included the lessons I had learned in writing it, the inspiration I had gained, my practice in expressing it, and the spiritual growth I experienced as a result of this.

The good gained also included knowing that if more work should be required of me to improve an article, I would have the humility, patience, and ability necessary to accomplish the revision. I knew I must live the truths contained in each article. (My first published article shared some of the inspiration that had helped our family through many corporate moves. Three months after the article appeared in print, we had to move again. And rereading that article for myself, I found the needed inspiration.)

With each acceptance, rejection, and request for revision by the Editors I have gained an even greater appreciation for their tireless efforts and their gratitude for every contribution from the Field.

Two lines of Hymn No. 324 in the *Christian Science Hymnal* read: "Take my every thought, to use/In the way that Thou shalt choose." Every inspired thought we entertain comes to us from God and is useful; therefore, its purpose is to be used—demonstrated—to bless not only ourselves but others as well. For many, one way of His choosing is to share by writing. In so doing, we know the same inspiration that has uplifted us will inspire others.

Are you one of these?

The invitation continues.

¹ *Science and Health*, p. 199; ² *Miscellaneous Writings*, p. 341; ³ John 8:28; ⁴ 10:30.



It's Not Mine!

Gretchen Newby
(written at age 10)

One day my dad, brother, and I were playing two-handed touch football. That means you tag the person instead of tackling him. As my brother touched me, he tripped and fell over me. The bones in my toes all cracked, and I started crying. The day before, an iron gate had fallen on my big toe and bruised it. My dad came over and calmed me down. I limped the rest of the game.

When I got home, my mom suggested we call a Christian Science practitioner. My big toe was swollen, and I couldn't move it. The practitioner told me the error wasn't mine, and I should throw it out with the garbage like rotten fish. She told me to read Hymns 33, 77, 99, and 139 in the *Christian Science Hymnal*. I know Hymn 139 by heart—it's one of my favorites. I liked knowing that I could walk with Love. She also told me to read what Mrs. Eddy says about man on page 475 of *Science and Health*. I learned that "he is not made up of brain, blood, bones, and other material elements" and that "man is incapable of sin, sickness, and death." My brother, dad, and mother reminded me that the suffering was not mine and was no part of me.

The next day I called the practitioner. She asked me if I could run, walk, and move my toe. I answered, "Yes!" and said I was healed. I am so grateful for Christian Science. I try to live it every day.



Like to Be a Goalie?

Virginia P. Onderdonk

Ever watch a soccer game? No one plays harder than the goalie. The players come thundering down on him while he guards and defends the goal area. It takes alertness and real skill.

Would you like to be a goalie? You can be. Each of us is in a position to play goalie every day. You have your own goal area to protect and defend. And it can be fun! It can be as interesting and as exciting as playing goalie in a soccer game. You have the position of defending your awareness of true, spiritual identity—the real you.

In *Miscellaneous Writings* we find these words by Mrs. Eddy: “Perfection, the goal of existence, is not won in a moment; and regeneration leading thereto is gradual, for it culminates in the fulfilment of this divine rule in Science: ‘Be ye therefore perfect, even as your Father which is in heaven is perfect.’”¹

The achievement of perfection takes work, in soccer and in Science. Christian Science is the law of scientific Christianity. It is the law, or Science, Christ Jesus taught and practiced. He proved that God is the creator of man and the universe. He proved that man is inseparable from his divine source, who is God, or Life and Love. The real man as God’s idea is spiritual and complete, and is the true selfhood of each one of us at this very moment. Your perfect identity is to be understood and revealed more each day. This is spiritual adventure!

The goalie not only needs to know the rules of the game but he must practice these rules. Through practice he learns to keep alert, keep his eye on the ball, watch his opponent's every move, and anticipate where the ball will go. To prevent the ball from invading his territory, he must express foresight, agility, accuracy—right thinking and acting. These qualities of thought and action all come from God.

So, as you would defend the goal in a soccer game, you will find it necessary to use similar qualities of alertness and diligence to protect your God-given position. You need to be watchful at all times and not let the opponent, mortal mind, infiltrate your consciousness in an attempt to score a point. Mortal mind, another term for the imaginary opposite of God, divine Mind, mustn't be allowed to score points of fear, false pride, self-condemnation, or discouragement. But if your consciousness is filled with Godlike thoughts of love, fearlessness, and purity, you will find that your opponent can't get past your goal line.

A young Christian Scientist who was playing the position of goalie on his college soccer team began to feel a great sense of burden, depression, and fatigue. Having attended the Christian Science Sunday School from a very early age and having had proofs of the healing power of Christian Science in the past, he turned to God in prayer. As he prayed, he recalled that when he had joined The Mother Church, the practitioner who endorsed his application for membership had pointed out to him the important guidelines or By-Laws given by Mrs. Eddy in the *Manual of The Mother Church*. It was stressed at the time that what is found in Article VIII, entitled "Discipline," under Section 1, "A Rule for Motives and Acts," Section 4, "Daily Prayer," and Section 6, "Alertness to Duty," help us to be strong and wide awake.

The college student opened his copy of the *Manual* and as he read the passages cited above, he realized he had not been a very strong goalkeeper of his thought. He had let himself believe that evil and discord were real and a part of his experience. He realized that just as he prepared for a soccer game, he must prepare to protect and defend the perfect activity of his daily experience by putting on the armor of good thoughts.

He determined that before going to school he would begin his day by studying these sections in the *Manual*. The words "daily" and "each day," as used in the By-Laws, arrested his attention. He saw the need to be alert to aggressive mental suggestion that evil was real and powerful. Evil has to be understood as powerless, to be disarmed of its false claim. He saw the necessity of being alert to any influence that would put him off guard and prevent him from asserting his immunity to discords of all kinds. He realized that he must actively practice rejecting unchristlike opinions about himself and others. Soon he began to express a larger sense of love and brotherliness to everyone he met, in response to the words in the "Daily Prayer": "'Thy kingdom come;' let the reign of divine Truth, Life, and Love be established in me, and rule out of me all sin; and may Thy Word enrich the affections of all mankind, and govern them!"

He practiced defending his true, perfect selfhood as God's child and refused to identify himself as a pressured, irritable mortal struggling and striving for recognition and place. It came to him that aggressive mental suggestion was an enemy that in reality had no power to discourage or harm him. His job was to hold his concept of perfect selfhood intact by expressing divine Love's control of his affairs.

From this there came more freedom in his campus activities and a feeling of great joy in practicing the qualities so necessary for success and happiness. The problem of fatigue and the nagging feeling of carrying a burden faded away.

In *Science and Health* we find pertinent advice about guarding the door of thought. Mrs. Eddy says: "Stand porter at the door of thought. Admitting only such conclusions as you wish realized in bodily results, you will control yourself harmoniously."²

Christ Jesus encouraged us to realize the goal of perfection when he said, "Be ye therefore perfect, even as your Father which is in heaven is perfect."³

So, why not go forth today and take your position as goalie with confidence in your God-authorized understanding and ability to defend your life goal victoriously.

¹ *Mis.*, p. 85; ² *Science and Health*, p. 392; ³ Matt. 5:48.



On an August Day... Joanne Mazna Garinger

My old Mercury outboard cranked to a stop at Lee Cramer's dock. I waited, listening to my boat waves wash up on the beach.

He came out barefoot and grinning, carrying his portable radio and straw hat. Lee was seventeen and I was sixteen. He was my closest friend.

We zoomed out into the middle of the dreamy lake, and I cut the motor so we could talk quietly, alone. Almost every day that summer we went somewhere to talk and talk. About school, about music and poetry, about love and life, about all things happy and sad and deep. Only religion was left untouched. Lee told me once in confidence that he was an atheist. I said I was a Christian Scientist. That was that.

This time the topic got off onto *mothers*. His mother, my mother, mothers in general. What we thought were good mothers among the mothers we'd observed. We were pretty merciless as I recall, although I don't think we meant to be.

His mother was so strict, so set in her ways, it made me cringe. She was eccentric, too, with all sorts of minor quirks. He had to humor her to get along.

I told some funny stories on my mother. They weren't all that complimentary and would have embarrassed her, as I realize, looking back. Like the time she left the soup on the stove when she went shopping, and there was smoke pouring out of the kitchen and fire engines lining the street when she arrived home. And other things that weren't so amusing.

We stretched out under the golden sun and watched a lazy sailboat drift soundlessly across our bow.

Finally, the sun slid behind a cloud. Then I remembered there

were guests due at our cabin, and I had to get back to help out. So I dropped Lee off at his place and sped home to Bass Bay.

Mother was in the middle of last minute preparations, hurrying to get a casserole ready for supper. I had just started to set the table when I heard her cry out in pain. She held out her hand, and I could see she had seared the palm deeply while cooking with a hot iron skillet on the old wood stove.

"Oh, Joanne, please pray for me!" she gasped. "Company's coming any minute, and I've just got to keep working. I really need your help."

I told her I would pray for her and went into the next room.

It came to me how very much I loved my mother. For all her human shortcomings she was a warm and loving person, capable of surprising spiritual insight, which she often communicated to my sister and me. Out there on the lake with Lee it had seemed okay to think of her as just a human being, with a material body and mind, a wonderful but fallible, mistake-making mortal with a more or less imperfect life. But I knew in my heart she was so much more. She was God's child, His creation.

I knew from what I'd learned in the Christian Science Sunday School that God, Spirit, is all there really is, perfect substance, perfect Life. Everyone actually comes from this perfect source, and so they are perfect too. Man, or you could say the real man and woman, is God's reflection, forever flawless and unharmed.

And for that moment I saw Mother simply as reflection, feeling only what God feels, knowing only what God knows, and being only what God made her to be. Because God is All and is substance, I knew God to be *her* substance, substance that's always good and indestructible. It couldn't be burned or hurt in any way.

As I prayed, I didn't hope to mysteriously change bad matter into better matter. I tried not to think of matter at all. Spirit being the only substance, matter couldn't be anybody's substance. All it could even seem to be was a passing, false, mental picture of things. Mrs. Eddy writes in *Science and Health*, "As God is substance and man is the divine image and likeness, man should wish for, and in reality has, only the substance of good, the substance of Spirit, not matter."¹

I thought of God as Principle, governing everything, making

accidents impossible for man to have. I thought of God as Love, embracing my mother in total harmony. I saw no room, no reason, for pain or matter in the man and universe of God's causing. I remembered that Christ Jesus pushed aside matter's laws because they were no laws.

A big part of my prayer didn't have any words at all. I was swept with a deep feeling that good was, *is*, and evil wasn't, *isn't*. "I am God, and there is none else; I am God, and there is none like me" ² is a fact the Bible underscores again and again.

Pretty soon Mother walked into the room with an extraordinarily beautiful expression on her face. It was as if she had been touched by some divine influence. By a divine fire we need more often to warm our home, I thought.

"You can stop praying now," she said brightly. "I have no pain at all, and see, the burn is beginning to heal!"

I smiled back at her, almost surprised. I was thinking, *If this is what happens when you know the truth, why don't I know the truth all the time? Why do I ever think of her in any other way?* Just then, our company shouted hello from the hill above our cabin.

* * * *

After supper I ambled along the shoreline until I reached a meadow where the deer come to drink at dusk. I could feel the cool air pouring down the mountainside, chasing away the heat of an August day.

In the morning, Lee would pick me up in his Land Rover and we would explore abandoned logging trails overlooking the lake. Lee had been my best friend for two years. Today, for the first time, I saw he was missing so much in life. Tomorrow I had something terribly special to tell him.

Could I find the way?

I could tell him with words, yes. But if he argued, or if the words didn't come easily, then perhaps I could tell him with my life—with a diviner quality in my love for him and for my mother, for everyone. That would be a start.

I thought about it until the moon came up, and the loons began their cry.

¹ *Science and Health*, p. 301; ² Isa. 46:9.



That Soda - pop Sparkle

Claire Hagenlocher Stubbe

"Are you dressed yet, Meg?" Mother called as she opened the door to the study. One glance was enough. Twelve-year-old Meg was in jeans, bent over her schoolbooks, and she looked up with a frown. It had been one of those hectic school days, and Meg was feeling the pressure. Now, to top it all, she had to hurry to be at church in half an hour to usher. She felt just like flat soda pop . . . no sparkle at all.

"Do I have to go tonight, Mom? I'm feeling awfully blah. Anyway, I'm only a standby usher tonight. Probably nobody'll even miss me if I don't go."

Her mother smiled. "It doesn't sound right to me. But you think about it, Meg. See what you come up with." Her mother left to pick up Meg's brother, Don, at his after-school job. She'd bring him home and then go on to church. Dad had already left. He had to be at church extra early.

Meg was left alone in the house. She had been really happy to sign the church membership roll earlier that year. And it was a real satisfaction to serve as an usher in her branch church. She wondered what had happened to that enthusiasm tonight.

In those quiet minutes alone in the house, Meg found herself putting things into perspective. She had read an article just that week in the *Christian Science Sentinel*, telling about Christ Jesus when he was her age, just twelve. Learning about God and obeying His commands were more important to Jesus than anything else. She remembered he said that he must be about his "Father's business."¹

"Well, I love God too," Meg thought. "Of course I do! Guess

I should show it. What is my Father's business? Am I doing it? Well, it sure isn't giving in to feeling droopy and down. God's business is always good. And it makes us happy."

She wondered how it would be if God said, "I'm too tired to take care of you now—I had a rough day. Maybe I'll see you next week."

That was silly. She had to laugh—it could never happen. God isn't a human being, and He doesn't ever take a vacation from caring. Mrs. Eddy says in *Science and Health*, "God rests in action."² So how could Meg, herself, feel tired? Wasn't she God's expression, as His child?

From the time Meg was a very little girl she had learned that obedience to God was her protection. This opened the door to good. And she remembered some other words of Mrs. Eddy's, "Never absent from your post, never off guard, never ill-humored, never unready to work for God,—is obedience."³

That settled it for Meg. "I guess I can do it. I can give this evening to serving God and Church," she concluded, hurrying up the stairs to put on her blue ushering dress.

When Mother got back with Don, Meg was dressed and ready to go. "I decided I should be about my Father's business," she smiled as they all went off together.

Meg felt good. Her happiness was bubbling up inside like soda pop, and that sparkle kept right on.

Some of her friends from Sunday School were in church that night and people were very friendly toward her. The passages the Reader shared from the Bible and *Science and Health* seemed especially inspiring to Meg, and the testimonies from the congregation came one right after another. To top it off they sang three of her favorite hymns—ones she knew from memory.

Meg was so busy being happy, listening for the healing truths shared at that Wednesday evening meeting and serving God that she stopped being tired. It was good, being about her Father's business.

¹ See Luke 2:49; ² *Science and Health*, p. 519; ³ *Miscellaneous Writings*, p. 116.

Editorials



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Some Answers to Fear

An entirely fearless life may be an ideal hard to imagine. But barnacles of fear lengthening the time we take to reach desirable goals—goals such as healing and satisfying employment—can progressively be stripped away by spiritual understanding.

This understanding, found in Christian Science, answers claims of fear with confidence and effectiveness. "Science sanctions only what is supported by the unerring Principle of being," Mary Baker Eddy teaches. "Sin can do nothing: all cause and effect are in God. Fear is a belief of sensation in matter: this belief is neither maintained by Science nor supported by facts, and exists only as fable."¹

There's a better way of getting rid of fear—an alternative to battering mortal pessimism with mortal optimism, by manipulating human thought, by self-deception, or by whistling in the dark. We overcome anxiety as we begin to sense the underlying and undergirding elements of real being—that our real identity is in Soul, God. There we find the calmness that negates fear, clears the air of cloudy mortal arguments, and lets spiritual solutions be visible.

A primal, spiritual fact in Christian Science is that God is divine Mind, the one consciousness. That which fears is not true consciousness, is not consciousness at all. An anxious mentality is never the consciousness of Mind. But the consciousness of Mind is always present as the reality where anxiety seems to be.

The fundamental and phony rationale back of fear is pinpointed in Mrs. Eddy's quotation above: the "belief of sensation in matter." Given the nature of God as unending Spirit, Soul, Life, Love, material sensation is indeed fable and is provable as such. All

imaginable fears can be traced to this illusion, and so neutralized. On the other hand, confidence and poise are always derivable from the fact that Life and its idea, the perfect man, comprise all actual being.

A film critic comments in a recent review, "Events that in retrospect have little importance can so hold us in thrall when they are happening that they seem to be the center of our lives."² This is a quite helpful human insight. But the Science of Life enables us to go further. It gives us a spiritual, scientific sense of proportion, as we may call it, that outweighs and outshines the factors bringing on our fears. A scientific sense of God's allness and power always gives us a stabilizing sense of proportion—no matter what event or condition menaces us. Thus we don't have to wait for retrospection to cope with things that "hold us in thrall." We can come to see that divine Life is right now both the center and the circumference of our life, and be fear-free.

When we seem so obsessed and distracted by certain worries that we can't get our thinking clear and straight, Science aids us in placing the things that cause fear, and the claim of fear itself, against the context of God's infinitely good nature. Realizing the omnipresence of Truth establishes in our thought the ultimate sense of proportion, keeping our fears in check and getting rid of them. We demonstrate more and more confidently that negative experiences—suffering, lack, squabbling—have not merely little importance, scientifically speaking, but none: no importance because no reality.

An extraordinarily thought-provoking and original definition of "fear" is given us by Mrs. Eddy. In the Glossary of *Science and Health with Key to the Scriptures* she states under this heading: "Heat; inflammation; anxiety; ignorance; error; desire; caution."³ It's invaluable to ponder the significance of those terms. Pondering each one takes us into new areas of understanding the mechanics of fear, understanding with which we can uncover its seeming causes and nullify them.

Consider ignorance. It's our ignorance of Deity that relates to the belief of substance in matter and that would open the gate of our thought to intrusive fears. Ignorance, clearly, is a mental, rather than a physical, condition. This fact is heartening. It means that regardless of what outward conditions seem to be threatening us

and making us timid, nervous, or despairing—no matter how our confidence plummets—the determinant of our welfare, or otherwise, is the condition of our thought. The first demand in handling fear is for a change of thought from ignorance to spiritual enlightenment, to a realization of the absolute truth that God alone is the director of our experience. The way to go is stated cogently in *Science and Health*: “It is our ignorance of God, the divine Principle, which produces apparent discord, and the right understanding of Him restores harmony.”⁴

Christ Jesus said, “Fear not, little flock; for it is your Father’s good pleasure to give you the kingdom.”⁵ It is divine Mind’s good pleasure—divine Mind’s nature—to give us the consciousness of good as *our* consciousness and as the only consciousness. No matter how justified, resistant, and real seem fearsome conditions, spiritual understanding can meet them. There is no situation, no person, no limitation that can stop us from adopting the spiritual perspective today. And we’ll prove that doing so is the immortal answer to mortal fear.

GEOFFREY J. BARRATT

¹ *Miscellaneous Writings*, p. 93; ² *The New Leader*, January 19, 1976; ³ *Science and Health*, p. 586; ⁴ *ibid.*, p. 390; ⁵ Luke 12:32.

To Satisfy the Heart

We’re inclined to think of hunger as being mainly connected with bread or rice—or rather the lack of it. But there is another kind of hunger that affects even more people than financial poverty or failure of crops. It is not satisfied by food packages, and it is no respecter of national, educational, or social status. It gnaws at rich and poor alike. We might call it “hunger of the soul,” and because it is a wholly spiritual need, it can only be satisfied spiritually.

It seems there are people everywhere who have a feeling of emptiness inside them. This spiritual hunger is expressed in many ways—in a demand for freedom, for opportunities to express hidden talents, to be acknowledged worthy of responsibility, to be accepted

and loved by others, to have a feeling of close involvement and intimacy with family and friends. People often yearn, too, to be able to display self-confidence and dominion, and to show they have the power and strength to be independent and the capability to do well.

It is often as uncomfortable and de-energizing to be hungry for these spiritual qualities as to be hungry for material food. But nobody should suffer or feel in any way deprived. The Bible tells us: "Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men! For he satisfieth the longing soul, and filleth the hungry soul with goodness."¹ And certainly we are well fed when we look to God, Spirit, rather than to human beings and material objects for the satisfaction of our heart's hunger.

The fact is, God, divine Love, is infinite good and He gives abundant good to His sons and daughters. He supplies us with all the spiritual qualities and ideas we need to ensure our total harmony and satisfaction. God's love is poured out generously to all His creation, and knowing this divine fact through Christian Science and trusting it, we find we no longer suffer from starved human affections or feel inadequate or deprived in any way.

Many of the problems of adolescence arise from the false sense of being heart hungry—of feeling in some way incomplete or inadequate. Not being awake to the grandeur of God's universe and every individual creature in it—including themselves—some young people yield to the temptation to feel inferior. They look around and see others as more clever than they are, handsomer in appearance, better company, wittier, physically stronger, more attractive. What do they do about it?

There is a spiritual solution at hand, and when they know what it is, they will not be tempted to withdraw into themselves and let the world go by for fear of exposing themselves to adverse comment. They will not develop an aggressive or defiant attitude in an attempt to compensate for what they believe to be their shortcomings. Nor will they turn for consolation to matter and other mortals, foolishly responding affirmatively to animal magnetism as Eve did in the allegory of the Garden of Eden when the serpent suggested she eat the forbidden fruit in the midst of the garden. The subtle serpent said, "Ye shall not surely die: for God doth know that in the

day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.”²

Isn't this much like the arguments of matter and the physical senses today? Eat this, the tempter says, and it will make you strong; drink that and you will be a better companion; smoke the other and you will be satisfied and at peace. Some of the serpent's claims are too blatantly ridiculous to be dangerous. They're not convincing. But others do get accepted for a time until their promises fail—as they eventually must because everything material is merely temporary.

Some claims of the serpent are subtle, working through the emotions rather than the intellect. They fool the unwary into mistaking physical attraction for love and thereby trap their victims into webs of ill-founded relationships. And some use mass hysteria to make innocent people believe they are experiencing something inspiring and liberating, when all the time it is the exact reverse.

And just as Adam and Eve lost rather than gained their enjoyment of completeness because of the knowledge they acquired through physical sense, so may we—the men and women of today—lose sight of our individual integrity as we allow ourselves to be beguiled by this magnetism of evil. The gulf between us and our natural consciousness of spiritual and harmonious being in God's likeness widens. Unhappiness grows—and all because of our ignorance of spiritual truth. Mrs. Eddy says, “It is our ignorance of God, the divine Principle, which produces apparent discord, and the right understanding of Him restores harmony.”³

The correct understanding of God as infinite Love, and of His perfect, spiritual creation as Love's ideal universe and perfect man, is not hard to attain. Christ Jesus fed the multitudes of hungering hearts with it in his time, and his teaching remains and is amplified by Christian Science to bring satisfaction to all who need encouragement today.

Truly it says in the Bible, “Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.”⁴

NAOMI PRICE

¹ Ps. 107:8, 9; ² Gen. 3:4, 5; ³ *Science and Health*, p. 390; ⁴ Ps. 37:3.

Testimonies of Christian Science Healing

[Original in German]

"I will love thee, O Lord, my strength" (Ps. 18:1). Through Christian Science, God has come alive for me, and I have learned to love Him with all my heart. I am very grateful to have found this divine Science, with spiritual laws I can use practically in daily life.

Christian Science has proved to be a great help to me in school matters. I do not take any tests without first having made clear to myself the intelligence I reflect from God, the one Mind. By approaching the written tests with joy—the joy of knowing that I express divine qualities—I have had good results, and have often written an excellent test. In this way I have lost fear of examinations, because I gratefully look at them as opportunities instead of a burden.

I have also realized how one's motives affect the outcome of every activity and how important it is to lay no claim to any activity separate from God.

My performance in gymnastics has also improved through application of Christian Science. Formerly, because I often went to gym class ill-humored, good achievement was hardly possible. I saw I should look forward to this, too, and learn that divine abilities can be expressed not only in intellectual work but also in physical activity. I realized that as God's idea I reflect Soul in grace, dignity, freshness, dominion, harmony. Yes, movement belongs to God! Mary Baker Eddy says (*Science and Health with Key to the*

The statements made in these testimonies with regard to healings have been carefully verified. The original testimonies and their respective verifications are on file for reference with The Christian Science Publishing Society.—THE EDITORS.

Scriptures, p. 283), "Mind is the source of all movement, and there is no inertia to retard or check its perpetual and harmonious action." This verse from Psalms 18 (v. 29) helped me very much, "By my God have I leaped over a wall." I now think gymnastics is fun and I receive a good grade in it.

I have also been healed of chronic colds, which recurred at intervals and for which I was constantly under medical treatment as a small child. In addition, I had to overcome the fear of becoming sick. By ascribing no intelligence or sensation to matter, I was quickly able to control different bouts of abdominal pains and sore throat, and I became free of fear of contagion. While on errands and other engagements, I trust God's guidance and see in that way everything goes more harmoniously.

I am grateful to God for the Master, Christ Jesus, and for Mrs. Eddy for her discovery, and for the Church of Christ, Scientist. I am glad to attend a Christian Science Sunday School and to be able to begin each day with the study of the Lesson-Sermon in the *Christian Science Quarterly*.

(Miss) EVELYN SCHMIDTKE

Titisee-Neustadt, Federal Republic of Germany



With profound gratitude I wish to submit the following testimony of healing.

One afternoon I cut my hand while working on some sheet metal. The wound did not heal but did not seem to warrant any specific attention. A few days later I awakened in the morning at six o'clock with a very sore arm and was unable to move my fingers due to severe pain. My hand was swollen and an unnatural color. The trouble extended up the arm. For the moment fear seemed quite overwhelming.

Immediately I called a Christian Science practitioner for help. Although it was obviously the practitioner's first call of the day, a quick and emphatic declaration was given me. I was assured that matter cannot be puffed up, and that we stop error in its tracks. It was recommended that I identify myself as an idea of God,

pondering the seven synonyms for God, and the practitioner would take care of the rest. At this point the practitioner hung up. It struck me that if the practitioner could be that resolute I should at least try to be the same in meeting my obligation.

To concentrate my thought on affirmations of the truth, I began my study of the Lesson-Sermon in the *Christian Science Quarterly*. For that week the subject was "Love." I read the definition of God as given in *Science and Health* by Mrs. Eddy (p. 587): "The great I AM; the all-knowing, all-seeing, all-acting, all-wise, all-loving, and eternal; Principle; Mind; Soul; Spirit; Life; Truth; Love; all substance; intelligence." The content was gratefully pondered. Also the answer to the question "What is Mind?" (see *ibid.*, p. 469) was carefully and deliberately reviewed for its metaphysical meaning. These were earnestly studied to establish in consciousness the reality and ever-presence of God's law, which assures perpetual harmony.

I had begun the study taking a position in an easy chair with my hand tucked inside my robe, Napoleon style. At seven fifteen my wife, checking on my comfort, pointed at my hand and asked, "Is that what concerns you?" I answered with most humble gratitude, "Not anymore." At that moment, oblivious of the physical situation, I was turning a page with the injured finger. Not only was the swelling gone and the hand its normal size (except for the knuckle) but the red lines had been stopped in their tracks, dissolved to nothing. All soreness in the arm was greatly relieved.

At eight o'clock I was able to call the practitioner back and report that my hand and arm were completely well except for a tender knuckle. The practitioner said it would be well to have continued prayerful support until the healing was complete. I proceeded to get dressed. Reaching into a drawer, I inadvertently bumped the knuckle. This opened the wound and all the foreign matter was eliminated. I proceeded to my employment, and in a few days the hand was completely well.

In keeping with the deep gratitude for Christian Science expressed in the many recorded healings, my one aim now is to live Christian Science, not in words only but in deeds. I pray to love God and my neighbor as myself, and to follow meekly and obediently

the example of Christ Jesus, the Way-shower. Words cannot express my gratitude to God for His revelation to Mrs. Eddy of Christian Science.

WILFRED ERIC ROBERTS
Santa Ana, California



Some years ago I woke up during the night with a severe pain in my shoulder. I awakened my husband and began declaring scientific truths, knowing that the pain could not be real, as God is not the author of pain. By six o'clock the situation had not improved, so I had my husband call a Christian Science practitioner, who agreed to pray for me. In just a few minutes the pain began to subside.

That day I spent my waking hours reading and studying to realize my true identity as a perfect spiritual idea of God. The healing took about a week, but I was then completely free of the condition, and it has not recurred.

Another healing took place about a year ago. When I awoke in the morning, I had symptoms of a severe type of flu that was considered prevalent. My first inclination was to have my husband call a practitioner for me. However, it occurred to me that I was relying too much on someone else to do the work for me, so I decided it was time for me to work this out for myself.

Many times I had been referred to page 495 in *Science and Health* by Mrs. Eddy where she states: "God will heal the sick through man, whenever man is governed by God. Truth casts out error now as surely as it did nineteen centuries ago." And further on the same page: "When the illusion of sickness or sin tempts you, cling steadfastly to God and His idea. Allow nothing but His likeness to abide in your thought." The spiritual truths on this page constitute a Christian Science treatment. With this in mind, I studied it thoroughly.

In a very short time the distressed feeling left me. I spent the rest of the day in study and prayer. It was a very profitable time, and the following day I was ready for every activity.

Three years ago my eyes were examined, and the opinion was that their condition had worsened and probably by the following year I would need medication. Shortly afterward my eyes began bothering me a great deal, making it very difficult for me to read for any length of time. It was then I realized I had to do some very earnest praying, as I had been accepted for class instruction and wished to spend several hours a day reading.

Fear that I might lose my eyesight if the condition was not healed overwhelmed me at times, so I decided to ask for help from a Christian Science practitioner. I was reminded of the definition of "eyes" in *Science and Health*. It reads in part (p. 586): "Spiritual discernment,—not material but mental." Spiritual discernment was certainly what I needed. Pressures seemed to be all around me, but the statement (*ibid.*, p. 451) "Christian Scientists must live under the constant pressure of the apostolic command to come out from the material world and be separate" alerted my thought to the only pressure concerning me. As God is all-knowing and all-seeing, I must express true sight and spiritual understanding as His reflection. I felt very grateful that I knew about Christian Science and could trust the truth it teaches to open my eyes to discern my perfection as a child of God.

During the three months prior to class, I read several hours a day. Later, when I had my eyes examined for new glasses, they were found to be fine. Needless to say, I was very grateful for this proof that Truth does heal.

I am most grateful for Christian Science, the effective prayer of the practitioners, and class instruction.

(Mrs.) PEARL F. REDDING
Beaverton, Oregon



I am very grateful for the many blessings Christian Science has bestowed upon me. I have been raised in Christian Science and have had healings all through my experience, and I can feel my spiritual strength growing daily.

One day about five years ago I was the only one at home. As I was walking down the basement steps, I slipped and fell. When

I landed at the bottom, there was a sharp pain in my arm. For an instant I was frightened, but then I immediately blocked out all error of belief of a fall and injury with thoughts of God. I felt my arm ease as I was bathed in the light of Truth.

I called my father, who is not a Christian Scientist, and he instructed me to go to a hospital. When I arrived and was waiting for X rays, I worked with the idea that man is the reflection of God and God is perfect, therefore man is perfect. When the X rays were completed, I was told that I would have to wait several hours for a specialist, because my arm was severely broken in several places.

After about an hour of prayer the pain began to subside. At the same time my mother found me, and we both began to pray. I worked with another idea now; it was Christ Jesus' statement (John 8:32), "Ye shall know the truth, and the truth shall make you free." I thought of it as free from pain, error, and all mortal beliefs.

After another hour and a half of this the doctor arrived. He looked at the X rays and told me he would like other angles, because this would be tricky. It took him two more sets of X rays to believe what he saw. My arm had gone from a serious break to a small hairline fracture on my elbow. I wore a sling for five days, then I was free.

I am truly grateful for Christian Science in my life and for the church and Christian Science Sunday School I attend.

WILLIAM DEITCH
Skokie, Illinois



As a young girl I suffered regularly from nosebleeds which would leave me incapacitated for hours, fearing that any movement would worsen the bleeding. One day when I was a sophomore in high school I was about to enter my eight o'clock class when my nose began to bleed quite heavily, and a teacher insisted that I see the school nurse. I went to see the nurse and immediately informed her that I was a Christian Scientist. Then I asked her for help in calling a Christian Science practitioner. The practitioner began to prayerfully work for me.

The bleeding did not lessen immediately and after some time the

nurse was frightened and wanted me to be taken to a hospital, since she no longer wanted responsibility for what happened. I asked if I could again call the practitioner, which I did, and very shortly the problem let up enough so that I was able to go home.

The practitioner instructed me to start reading through *Science and Health* by Mrs. Eddy from the beginning. She said the answer to my problem would be apparent to me as I read. I began to read and soon lost all fear. I pondered the sentence (p. 25), "The spiritual essence of blood is sacrifice." From this I realized I needed to sacrifice cherished material beliefs in order to admit more faith in divine wisdom and Love.

I also referred to a story in the Bible about a woman who had an issue of blood for twelve years (Matt. 9:21, 22): "She said within herself, If I may but touch his garment, I shall be whole. But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour."

The nosebleed completely stopped, and from that moment I have not had a trace of that malady, even while engaging in physical activities that fear would have prevented me from doing before this healing took place. The most glorious effect in this healing was not the release from the physical trouble but from the fear of the occurrence, and my increased faith in the power of God. I have since become a member of The Mother Church and a branch church, and had the blessing of Christian Science class instruction.

(Miss) BONNIE JEAN HILL
Chicago, Illinois



Once on a day off from work I found I couldn't walk on one of my feet or put any weight on it due to pain. Turning to the truth, I began to pray the Lord's Prayer. With these words (Matt. 6:9), "Hallowed be thy name," the question occurred to me, What are some of the qualities of God? The term which stood out then was "infinite." Mrs. Eddy writes in *Science and Health* (p. 249), "God is the infinite, and infinity never began, will never end, and includes nothing unlike God." The thought that

there was nothing outside of God, or unlike God, brought me comfort and a feeling of trust.

The next morning I was still unable to walk on the foot, so I remained in bed and began reading the Lesson-Sermon in the *Christian Science Quarterly*. In one citation I read (*Science and Health*, p. 396): "Keep distinctly in thought that man is the offspring of God, not of man; that man is spiritual, not material; that Soul is Spirit, outside of matter, never in it, never giving the body life and sensation." The ideas in this passage illumined my thought. I felt a release from the foot trouble. After finishing my study of the lesson, I got ready for work and found I was able to walk about normally without any discomfort. My foot was healed and the freedom has been permanent.

Another time a student in a class I was teaching had a habit of distracting others. One day during a disruption, I thought that she should be removed temporarily from the classroom. I sent her to the counselor's office. The counselor soon called to say she was bringing the student down to the room at once for a conference.

This was an unusual action, and at first I felt it wasn't a good time to discuss the situation. Then the angel thought came to me, "Give up everything you know about this child."

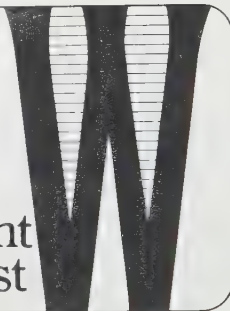
This message awakened me to see that all of the disturbing actions of the student were false, even though they had appeared real to the material senses. It brought an awareness, to a degree, that only perfect God and His perfect creation were present—going on. This perfection was really all I could know about. The concern about the situation faded out.

The counselor and the student arrived, and we had a brief meeting in the hallway. After a few moments I glanced at the youngster and noticed tears in her eyes. They seemed to indicate a feeling of repentance. The student and I then returned to the classroom. From that time on she expressed cooperation and receptivity. There was never a return of the former difficulty.

I was very grateful in both instances for the Christ, Truth, and for the awakening it brought to the reality of good and the presence of Love.

(Miss) NIKI ELIZABETH NELSON
Castro Valley, California

Words of Current Interest



Related to the Lesson-Sermon
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CHRISTIAN SCIENCE QUARTERLY
Subject: Christian Science

**Think not that I am come to destroy
the law, or the prophets (Matt. 5:17;
cf. 7:12)**

Torah and Nebiim are two traditional categories of material in Israel's canon. The first consists of what are presently the first five books of the Old Testament. The second has two subdivisions: the Former Prophets, including Joshua, Judges, I and II Samuel, and I and II Kings; and the Latter Prophets, including Isaiah, Jeremiah, Ezekiel, and the twelve prophetic books that presently conclude the Old Testament. Other books now part of the Old Testament are included in the Ketubim, "Writings." Certain of these may not have been officially canonized until A.D. 100, long after Jesus' statement.

**He shall give you another Comforter
(John 14:16)**

The Greek word translated

"Comforter" is *parakletos*; its literal meaning is "one called to the side of," especially in the sense of an advocate who convinces or a counselor who exhorts, strengthens, and comforts another.

Thy word is settled (Ps. 119:89)

The New English Bible translation is a very accurate rendering of the Hebrew verb: "Eternal is thy word, O Lord, planted firm in heaven."

**Oppositions of science falsely so
called (I Tim. 6:20)**

The word translated "science" is literally "knowledge" (*gnosis*). It points to the teachings of the Gnostics, who, in the first and second centuries A.D., combined the Christian teachings with intellectual theories, speculations, and superstition.

Philip (Acts 8:5)

Not the apostle cited in the Gospels, who still remained in Jerusalem, but "the evangelist" (see 6:5; 21:8), one of the first Greek-speaking officials of the Christian community in Jerusalem. He sought refuge in Samaria after the martyrdom of Stephen (another Greek-speaking Christian) and worked as a missionary in that area. Tradition holds that he later became bishop of Tralles.

Have fervent charity (I Pet. 4:8)

The New English Bible reads, "Above all, keep your love for one another at full strength."

The Lesson-Sermons contain Bible references (King James Version) and correlative passages from "Science and Health with Key to the Scriptures" by Mary Baker Eddy.

Christian Science Lectures



Everyone is cordially invited to these free lectures.

‡ Indicates Children's Room available during lectures. Details should be obtained locally.

UNITED STATES

(Week of June 27 to July 3,
and some earlier dates)

CALIFORNIA—Glendale (First): Church, 500 S. Central Ave., 8 p.m., Tues., June 29.‡ "Stay on the Beam" (Tyc)

Long Beach (First): Church, 440 Elm Ave., 3 p.m., Sun., June 27.‡ "The Evidence: True or False?" (Tyc)

Oakland (Fourth): Church, 1330 Lakeshore Ave., 3 p.m., Sun., June 27.‡ "Get Your Life in Balance" (Driver)

Pasadena (Third): Church, 2803 E. Colorado Blvd., 8 p.m., Tues., June 29.‡ "Ageless Youth" (Driver)

DISTRICT OF COLUMBIA—Washington (Third): Church, 900 16th St., N.W., 12 m. and 8 p.m., Thurs., July 1.‡ "Prayer-Power" (Crichlow)

FLORIDA—Clearwater (First): High School, 540 S. Hercules Ave., 8 p.m., Mon., June 28. "The Science of the New Man" (Anwandter)

Fort Lauderdale (First): Church, 1005 S. E. Sixth Ave., 8 p.m., Fri., July 2.‡ "Liberation Through Christ" (Anwandter)

Tampa (First): Church, 104 Cedar Ave., 8 p.m., Tues., June 29.‡ "Liberation Through Christ" (Anwandter)

Winter Park: Church, New York and Whipple Aves., 12 m., Thurs., July 1.‡ "Liberation Through Christ" (Anwandter)

ILLINOIS—Belleville: Church, Washington and Jackson Sts., 8 p.m., Thurs., July 1.‡ "Individualizing God's Power" (Pickett)

Bloomington: Miller Park Bandstand (out-of-doors), Morris Ave. and Wood St., 7 p.m., Sun., June 27. "Why Spiritual Healing?" (McClain)

Chicago (Seventeenth): Church, 55 E. Wacker Dr., 7.30 p.m., Tues., June 29.‡ "Individualizing God's Power" (Pickett)

Edwardsville: Holiday Inn, I-270 and IL-157, 8 p.m., Mon., June 28. "Individualizing God's Power" (Pickett)

Mattoon: Church, 14th St. and Lafayette Ave., 3 p.m., Sun., June 27. "See It Like It Is" (Houston)

INDIANA—Elkhart: High School Little Theater, 2608 California Rd., 4 p.m., Sat., June 19.‡ "Mary Baker Eddy's Challenge to Materiality" (Spencer)

Griffith: Carriage Club, 717 N. Elmer St., 3 p.m., Sun., June 27. "You're a Freeman!" (Linnig)

New Albany: Church of Christ, 222 E. Spring St., 3.30 p.m., Sun., June 27.‡ "Liberation Through Christ" (Anwandter)

KANSAS—Wichita (Second): Century II Theatre, 225 W. Douglas Ave., 8 p.m., Tues., June 29. "See It Like It Is" (Houston)

MAINE—Fryeburg: Grange Hall, Main St., 8 p.m., Mon., June 28. "Your Unlimited Opportunities" (McGrew)

MICHIGAN—Allegan: Church, 425 Hubbard St., 3 p.m., Sun., June 27. "Individualizing God's Power" (Pickett)

MISSOURI—St. Louis (joint lecture): Forest Park Community College, 5600 Oakland St., 3 p.m., Sun., June 27. "Safe in God's Care" (Williams)

NEW YORK—Millerton: Church, Parking St. (Century Ave.), 3 p.m., Sat., July 3.‡ "Prayer-Power" (Crichlow)

Woodstock: Maverick Hall (outdoor theater), Maverick Rd., 8 p.m., Fri., July 2. "Prayer-Power" (Crichlow)

OHIO—Celina: Church, 516 E. Wayne St., 8 p.m., Tues., June 29.‡ "Mary Baker Eddy's Challenge to Materiality" (Spencer)

OHIO (continued)

Cleveland Heights: Church, 3181 Fairmount Blvd., 7 p.m., Sun., June 27.‡ "Let My People Go" (White)

Cuyahoga Falls: Church of Christ, 130 Broad Blvd., 8 p.m., Mon., June 28.‡ "The Human and the Divine Economy" (White)

Geneva: Park Street Christian Church, 3 p.m., Sun., June 27.‡ "There Is Only One Real Ego" (Correll)

Sidney: Church, 1106 N. Main, 3 p.m., Sun., June 27. "What It Takes to Heal" (Spencer)

PENNSYLVANIA—Mt. Lebanon: Church, 1100 Washington Rd., Pittsburgh, 8.15 p.m., Tues., June 29.‡ "The Human and the Divine Economy" (White)

RHODE ISLAND—Newport: Old Colony House, Washington Sq., 8 p.m., Tues., June 29.‡ "Your Unlimited Opportunities" (McGrew)

TEXAS—Corsicana: Church, 2122 W. Fourth Ave., 4 p.m., Sun., June 27.‡ "The Complete Man and Woman" (Heafer)

VERMONT—Brattleboro: Church, 15 Putney Rd., 8 p.m., Tues., June 15.‡ "Deathless Life" (Curtis)

St. Johnsbury: Church, Main and Prospect Sts., 4 p.m., Sun., June 27. "Your Unlimited Opportunities" (McGrew)

WISCONSIN—Elkhorn: Walworth County Court House, 9 N. Wisconsin St., 3 p.m., Sun., June 27. "Who Do You Think You Are?" (Livezey)

[These lectures are given by members of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, U.S.A.]

MOVING OR VACATIONING?

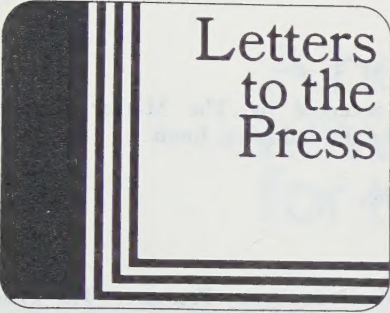
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Letters to the Press

From Christian Science
Committees on Publication

Greenfield Recorder

Greenfield, Massachusetts

The continuing attack on organized religion by an Episcopalian clergyman is difficult to fathom. His fourth and latest article on Christian Science, for example, contains the same sort of scornful language used earlier.

The purpose can obviously no longer be "news" or even "truth." His divisive attacks seem to be the last thing the religious community needs in the present climate.

Most established churches are facing a greatly heightened onslaught of materialism, but many like the Christian Scientists are finding it both a purifying and an invigorating battle. As the founder of Christianity put it (Matthew 5:11): "Blessed are ye, when men

shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake."

Incidentally, no one is trying to keep the number and location of Christian Science churches secret, as [the writer] suggests. The listing of churches is published every single month in *The Christian Science Journal*, available at public libraries and Christian Science Reading Rooms, exactly where [the writer] and others have found it and made their tally.

J. BURGESS STOKES

Manager

Committees on Publication

Time Magazine

New York, New York

Your story concerning Christian Science (March 15) included a litany of allegations by a church member. In limited space, it would be impossible to correct some without giving the impression of ignoring others. But TIME's addition of its own "original" mistake—giving a figure of 500 churches disbanded, or 70 percent more than actually—does need correction.

J. BURGESS STOKES

Manager

Committees on Publication

CONTRIBUTIONS

Contributions are most gratefully accepted by The Mother Church Treasurer from members and friends for the following funds:

General Purpose Fund
Fund for The Christian Science Monitor
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Please make all checks payable to **MARC ENGELER**, Treasurer, The First Church of Christ, Scientist, Christian Science Center, Boston, MA, U.S.A. 02115.

THE JOY OF BELONGING TO THE MOTHER CHURCH

The sense of wholeness that comes from an honest commitment to the things you believe in—this is one of the joys of belonging to The Mother Church.

You are warmly invited to apply for membership at any time. Applications are acted on twice each year—in June (applications due by May 1) and in November (applications due by October 1).

You may obtain an application from any Christian Science Reading Room, branch church or society, from a member of The Mother Church, or from a Christian Science practitioner listed in *The Christian Science Journal*. Or you may write directly to **GEORGE W. LEDBETTER**, Clerk, The First Church of Christ, Scientist, Christian Science Center, Boston, MA, U.S.A. 02115.

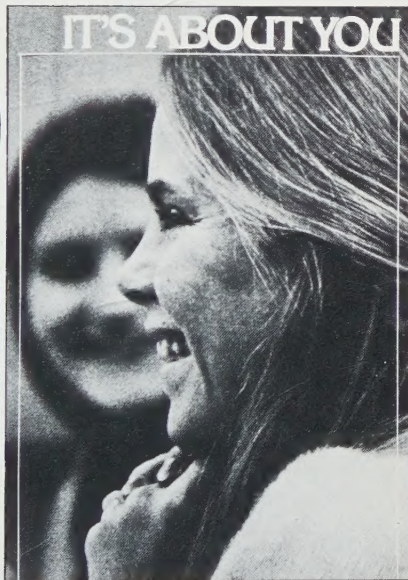
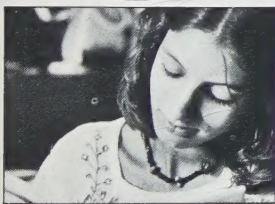
LECTURE NOTICE

Detailed information regarding lectures in the United States and Canada must reach the Journal, Sentinel, and Herald Editorial Department *nine weeks* before the week in which the lecture is to be given in order to ensure publication in the *Sentinel*. Information regarding lectures in other countries must reach the department *ten to fourteen weeks* before the week of the lecture. When lectures are to be radiocast, it should be so stated, station and frequency being included. When Children's Room facilities are to be available, this also should be stated.

The receipt of all information from the United States and Canada is acknowledged by the Editorial Department. If an acknowledgment is not received within two weeks, a duplicate notice should be forwarded.

For lecture announcements to be published in the *Herald*, please refer to information on the back of the Lecture Information forms supplied to branch churches.

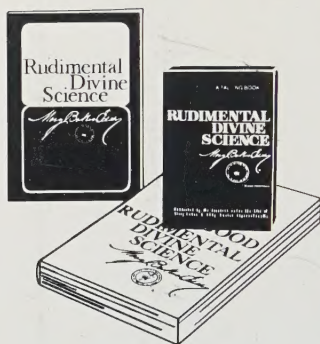
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